

INNER WHEEL CLUB OF FREESIA-ROSE PENAMPANG

Inner Wheel Year 2025-2026

1.0 CLUB COMMITTEE

President : Janet J. Gunsalam
Vice President: Ranie Lisamerie C. Kitingan
Secretary : Nur Fasiha @ Jasa
Treasurer : Fidelia D. Balanjiu
ISO : Helena Thomas
CC : Joanne Ng
Committee : Flora Fedilis
: Florence Winnie Balagut
: Mimehloma Sunggim

Voting Delegates : 1. Janet J. Gunsalam
2. Nur Fasiha @ Jasa

2. ACTIVITIES (JANUARY 2025 TO FEBRUARY 2026)

2.1 Club Meetings

Meeting with District Chairman: 30 March 2025, Mass Motorsports
1st Club Meeting : 26 July 2025, Mass Motorsports
2nd Club Meeting : 27 October 2025, Meet Coffee Friends
3rd Club Meeting : 7 February 2026, Kampung Nambazan (Lolet's residence)
1st Club AGM : 16 November 2025, The Bean Express, Gaya Street.



Meeting on 30 March 2025 with Deputy National Representative, Datin Gillian Lee (third left) and District Chairman Cecilia Amid (3rd right).



1st Club Meeting on 26 July 2025 and Induction of 2 new members at Mass Motorsports.



2nd Club meeting on 27 October 2025 at Meet Coffee Friends.



3rd Club Meeting and induction of another new member on 7 February 2026, hosted by Lolet at Kampung Nambazan.



1st Club AGM at The Bean Express, Gaya Street

2.2 Fellowship

- 23 March 2025 : Hari Raya Fellowship
- 9 November 2025 : District Chairman's Visit & Fellowship
- 18 December 2025 : Christmas Dinner Fellowship



District Chairman Jane Lian Labang (6th right) visit & fellowship on 9 November 2025



Raya Fellowship 23 March 2025



Christmas fellowship on 18 December 2025

2.3 Charity Projects

1. Womb Trauma Healing Circle (21 June 2025)

The Womb Trauma Healing Circle held on 21 June 2025, successfully created a safe and supportive space for emotional healing, self-reflection, and empowerment among women, fostering emotional release, grounding, and sisterhood.

It was also to strengthen the Club's community outreach, enhancing Inner Wheel's visibility in holistic women-centered service, attracting two potential new members (IWC Freesia-Rose Penampang and IWC Miri), and reinforcing the Club's identity as a platform for women's wellbeing and compassionate service.



PNR, Rokiah (3rd right) with club members during the Womb Trauma Healing Circle on 21 June 2025



Janet (standing) sharing tips on emotional healing, self-reflection, and empowerment among women.



2. Emergency relief for Flood and Landslide victims at Kampung Madsiang, Penampang (25 September 2025)

On 25 September 2025, members of the Inner Wheel Club of Freesia-Rose Penampang carried out a humanitarian visit to Kampung Madsiang, Penampang - one of the villages severely affected by recent floods and landslides. Several families had lost their homes entirely and were taking shelter at a temporary relief centre (PPS Dewan Gawir, Kampung Madsiang).

This project was led by our dedicated Treasurer, Lolet, who coordinated the collection, packing and distribution of the supplies with the support of our members.

In a show of solidarity and compassion, the Club distributed 20 food baskets (rice, cooking oil, canned food etc), 20 cartons of mineral water (generously contributed by Mass Motorsports) and preloved clothing by members and friends of Inner Wheel.



Emergency relief for flood & landslide victims at Kampung Madsiang, Penampang – 25 September 2025.



During the visit, club members were deeply moved by the faces and stories behind the tragedy - small children clutching their parents' hands, elderly individuals "nenek" who had to leave their homes behind, and expectant mothers currently living in temporary shelters. Some shared that their houses were so badly damaged that they were no longer safe to enter. Despite these hardships, there was still a remarkable sense of dignity and resilience in the people as they queued patiently to receive the supplies.



Every donation and service is priceless. More is needed from IWCFRP and the community at large.



We would like to extend our heartfelt thanks to all our Inner Wheel Club members for their generous contributions, to Mass Motorsports for their invaluable support, and a special thank you to Treasurer Lolet for her leadership and tireless efforts in making this relief project possible.

This initiative reflects our ongoing commitment to provide timely assistance to those in crisis. We will continue to work with local authorities to identify further needs and ensure support reaches the most vulnerable families.

3. Community Visit and Donation to BCCM Community Learning Centre (CLC) Grace Centre, Kampung Nuvunsu, Penampang (4 October 2025)

On 4 October 2025, IWCFRP conducted a community visit to BCCM Community Learning Centre (CLC) Grace Centre in Kampung Nuvunsu, Penampang. The purpose was to donate clothes, stationery, and books to the students.

The Club was warmly welcomed by Teacher Nuriah Apik. The centre, led by Reverend Jollify Daniel, provides education based on the Indonesian national syllabus for 269 students from Primary 1 to Form 3, supported by nine dedicated teachers.

President Janet delivered a brief speech sharing Inner Wheel's commitment to friendship and service. Stationery and books were contributed by Janet, while clothing items were donated by Datuk Lee Swi Heng and Datin Gillian as well as Treasurer Fidelia.

The visit also included delightful performances by students and teachers, creating a joyful and meaningful atmosphere. The programme concluded at 5:00 p.m with appreciation and gratitude from both sides. This outreach reflects IWCFRP's continued commitment to supporting education and underprivileged children in the community.

4. Handover donation to Landslide victims at PPS ILMAN (6 November 2025)

On 3 October 2025, a letter of appeal for donations was submitted to District 331 DC Jane Lian Labang and shared with our fellow Inner Wheel sisters from District 330 to seek assistance for the landslide victims currently taking shelter at PPS ILMAN.

We are deeply grateful to have received generous support and contributions from the following clubs and members:

Inner Wheel District 330, represented by DC Jillian Estrop
Inner Wheel Club of Pearl of the Orient, George Town (D330)
Inner Wheel District 332 Singapore, represented by Maria
Inner Wheel Club of Penang (D330)
Inner Wheel Club of Kuching (D331)
Inner Wheel Club of Ipoh (D330)

Through these combined efforts, a total collection of RM4,115.00 was raised. The funds were used to purchase 25 mattresses and pillows, as well as baby diapers (14 pieces) for the affected families.

In addition, we are sincerely thankful for the generous in-kind contributions from Datuk Lee Swi Heng and NR Datin Gillian Lee, which included: 100 pieces of bath towels 50 pieces of hand towels 10 sets of bed sheets

During our visit, it was truly heartbreaking to learn that several families had lost their homes completely to the landslide. They had nowhere else to go, and are depending on the temporary shelter until further notice. Seeing their strength despite the hardship deeply moved us. It reminded us of the importance of compassion, solidarity, and continuous support for those facing such unimaginable loss.



Handover donation at PPS ILMAN on 6 November 2025

The local government has initiated efforts to rebuild and relocate the affected families to new homes according to MPP Ms. Magdalen.

This handover marks IWCFRP continuous commitment to support those in need. Although only very few families were present during our visit (as most were working), we managed to meet and document the donation with one of the recipient families, as shown in the attached photos.

5. Yoga & Womb Trauma Healing Circle In collaboration with Rotary Club Penampang (15 November 2025)

As part of the Orange The World (OTW) campaign, IWCFRP successfully organised a Yoga & Womb Trauma Healing (WTH) Session on 15 November 2025 at BMB Homestay, Sugud.

In solidarity with the OTW campaign, all participants were dressed in orange and wore handmade orange ribbons symbolizing hope, healing, and a united stand to End Violence Against Women and Girls.

The programme began with a calming and rejuvenating yoga session led by Lolet, which helped participants feel grounded, relaxed, and physically refreshed. This was followed by the Womb Trauma Healing Circle, facilitated by Ranie, who compassionately guided participants through an emotional and reflective healing journey in a safe and supportive environment.

The Club extends its sincere appreciation to Rotary Club Penampang for generously sponsoring the refreshments for this event.

This initiative reflects the Club's commitment to promoting women's emotional, physical, and spiritual wellbeing, in line with Inner Wheel's service objectives.



Yoga & Womb Trauma Healing Circle -
collaboration with Rotary Club Penampang on 15
November 2025



The Club records its heartfelt gratitude to all members for their presence, teamwork, and continuous dedication in making this programme a meaningful and successful OTW activity.

6. Inner Wheel Club joined the global “Orange the World” Campaign, educating 73 Students on personal safety and violence prevention (4 December 2025)

In support of United Nations Women Orange the World Campaign and the 16 Days of Activism Against Gender-Based Violence, the Inner Wheel Club of Freesia-Rose Penampang organised an awareness session for 73 students aged 13–15 at BCCM Grace Learning Centre.

The session focused on personal safety, understanding boundaries, recognising sexual offences, bullying prevention, and promoting respectful behaviour. In her welcoming address, President Janet emphasised the importance of educating youth to build a safer and kinder community.

The talk was delivered by Ms. Daflonia Daniel from SUHAKAM, who shared valuable insights on consent, unsafe behaviours, and the importance of speaking up. The programme was witnessed by Datin Gillian Lee, National Representative of Inner Wheel Malaysia.



NR Datin Gillian (front row 6th right) with IWCFRP members and other strong supporters joined OTW, educating 73 students on personal safety and violence prevention.



Students actively participated in the Q&A session and concluded with an orange-themed creative activity promoting messages of kindness and non-violence. The Club extends its appreciation to the school, SUHAKAM, and all participants for making the programme a great success.



Orange the World” Campaign, educating 73 Students on personal safety and violence prevention



7. Participation in Walk Orange the World invited by Inner Wheel Club Kota Kinabalu – End Violence Against Women and Girls (6 December 2025, Taman Rimba)

The Inner Wheel Club of Freesia-Rose Penampang (IWCFRP) accepted the invitation from the Inner Wheel Club of Kota Kinabalu to participate in the “Walk Orange the World – End Violence Against Women and Girls” held at Taman Rimba, Kota Kinabalu.

Members attended the walk in solidarity with the global campaign advocating the elimination of violence against women and girls. Wearing orange as a symbol of hope and commitment, members joined fellow Inner Wheel members and the community to raise awareness and promote respect, safety, and equality for women.

Impact & Relevance:

- Demonstrated IWCFRP’s commitment to women empowerment and advocacy.
- Strengthened inter-club fellowship and collaboration.
- Increased public awareness on ending violence against women and girls.
- Enhanced the visibility of the club in meaningful community engagement.

This participation reflects IWCFRP’s support of Inner Wheel’s global initiative and its dedication to creating positive social impact within the community.



Invitation by Inner Wheel Club Kota Kinabalu to support the OTW on 6 December 2025.

8. OTW A Family & Friends Awareness Walk – “See Us. Hear Us and Walk with Us. (13 December 2025, Taman Tun Fuad Bukit Padang)

In conjunction with the Orange the World (OTW) Campaign, the Inner Wheel Club of Freesia-Rose Penampang carried out a Walk of Awareness on 13 December 2025 at 4.00 p.m at Taman Tun Fuad Stephen, Bukit Padang, under the theme “See Us, Hear Us, and Walk With Us.” The walk symbolised the club’s collective stand against violence towards women and girls, as well as its commitment to promoting awareness, safety, and compassion within the community.

As members walked together in unity, the bright orange T-shirts naturally drew attention. Many members of the public were seen slowing down, looking, and reading the message printed at the back of the T-shirts. Even without direct interaction, these quiet moments reflected the effectiveness of visibility in creating awareness — showing that the message was seen and absorbed.

Surrounded by nature, friendship, and families, the walk became a strong expression of solidarity and shared responsibility. What made this walk impactful was not the distance covered, but the awareness created through presence and togetherness.

Walking side by side strengthened the Club’s purpose to stand up, speak out, and walk alongside those whose voices may not yet be heard.

OTW Family
& Friends –
See Us,
Hear Us,
and Walk
with Us.



Through this meaningful activity, the Inner Wheel Club of Freesia-Rose Penampang was reminded that small, consistent actions can lead to meaningful change. Every step taken reaffirmed the Club’s belief that together, we can help build a future where women and girls are seen, heard, protected, and empowered.

A meaningful walk with our Inner Wheel sisters, friends, and PNR Rokiah Staun ##

Report compiled by:
President Janet J. Gunsalam in collaboration with Inner Wheel District 331 Editor
Cecilia Sman.

Photos: courtesy of President Janet and club members.